

TRAINING FOR WARRIORS

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		6:00am JB -EC		6:00am JB -S		
		9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
6	7	8	9	10	11	12
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
13	14	15	16	17	18	19
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		Day Light Savings Spring Forward
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
				St. Patricks Day		
20	21	22	23	24	25	26
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
27	28	29	30	31		
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
Coaches		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	March 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
JC	Justin Chiu	March 1st	1 min Sit Up and 1 min plank		Metabolic (Energy) Circuits- EC	
		March 8th	MAX Push Up and 1 min plank		Strength - S	
		March 15th	Broad Jump			
		March 22nd	1 min Chin up / TRX body row			
		March 29th	Sprint Gauntlet Challenge			